

MOVIE, BOOK & COOKBOOK LIST

- **BONUS POINTS AVAILABLE FOR MOVIES, BOOKS AND ATTENDING COOKING CLASSES** - check the VYHC Program Guide for details.

- **MOVIE ASSIGNMENTS**

- WEEK 1 MOVIE ASSIGNMENT – Forks Over Knives (DVD available in store)
- WEEK 2 MOVIE ASSIGNMENT – That Vitamin Movie (DVD available in store)
- WEEK 3 MOVIE ASSIGNMENT – What the Health
- WEEK 4 MOVIE ASSIGNMENT – Secret Ingredients (DVD available in store)

- **ADDITIONAL MOVIES**

- The Game Changers
- Cancer Can Be Killed – a Jeff Witzeman film (DVD available in store)
- Food Matters
- Food Choices
- Just Eat It
- Fat Sick and Nearly Dead 2
- Hungry for Change
- Fed Up
- Super-Size Me
- Flipping the Script (DVD available in store)

- **READING LIST**

Most books below are available in store, and many can also be found online.

- The Daniel Plan: 40 Days to a Healthier Life by Rick Warren, Daniel Amen M.D., and Mark Hyman M.D.
- UnDo It by Dr. Dean Ornish
- Doctor Yourself – Natural Healing That Works by Andrew W. Saul, Ph.D.
- Forks over Knives: The Plant Based Way to Health by Gene Stone, T. Colin Campbell, Caldwell B. Esselstyn
- The Engine 2 Diet by Rip Esselstyn
- Water - Your Bodies Many Cries for Water by F. Batmanghelidj, M.D.
- Curing the Incurable – Vitamin C, Infectious Diseases, and Toxins by Thomas E. Levy.
- Medical Medium Liver Rescue: Answers to Eczema, Psoriasis, Diabetes, Strep, Acne, Gout, Bloating, Gallstones, Adrenal Stress, Fatigue, Fatty Liver, Weight Issues, Autoimmune Disease by Anthony William.
- The Amazing Liver and Gallbladder Flush by Andreas Moritz
- Mastering Diabetes – The Revolutionary Method to Reverse Insulin Resistance Permanently in Type 1, Type 1.5, Type 2, Prediabetes, and Gestational Diabetes by Cyrus Khambatta, PHD and Robby Barbaro, MPH.
- The Nourished Soul – Nurturing Your Mind to Grow Unending Health and Happiness by James Bars.
- Rapid Virus Recovery by Thomas E. Levy, MD, JD.
- The Vitamin Cure for Depression: How to Prevent and Treat Depression Using Nutrition and Vitamin Supplementation by Andrew Saul, PhD.
- The Vitamin Cure for Women’s Health Problems by Helen Saul Case.
- Magnesium: Reversing Disease by Thomas E. Levy, MD, JD.
- Orthomolecular Nutrition for Everyone – Megavitamins and Your Best Health Ever by Helen Saul Case
- Cancer Is Not a Disease – It’s a Healing Mechanism by Andreas Moritz
- Niacin: the Real Story by Abram Hoffer, MD, PhD.
- The China Study: Startling Implications for Diet, Weight Loss and Long-term Health by T. Colin Campbell, PhD

- **COOKBOOKS LIST**

Most cookbooks below are available in store, and many can also be found online.

- The Daniel Plan Cookbook
- Forks Over Knives The Cookbook by Del Sroufe
- Engine 2 Diet Cookbook by Rip and Jane Esselstyn
- Prevent and Reverse Heart Disease Cookbook by Ann and Jane Esselstyn
- The China Study Cookbook by Colin Campbell
- Forks Over Knives: Flavor by Darshan Thacker
- The McDougall Quick and Easy Cookbook by John McDougall, MD